



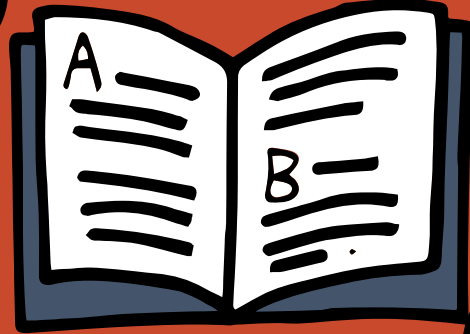
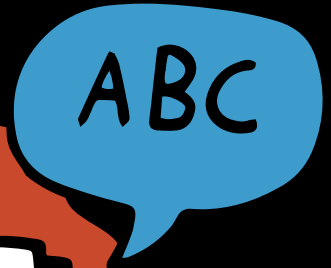
Unit -5

Physical Education



Course on

**Physical Fitness, Health
and Wellness...!!**



UNIT CONTENTS :



5.1

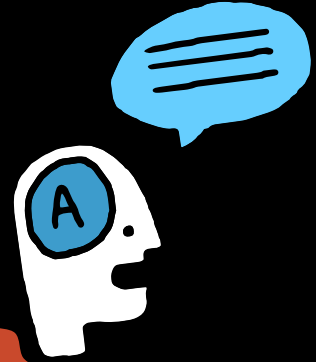
**Meaning and
Importance of
Wellness,
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Sports &
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promoting
wellness**





5.1 Meaning and Importance of Wellness, Health and Physical Fitness

Meaning of Physical fitness :

Physical fitness means the **capacity to do the routine work without any fatigue** or exertion and after doing the work the person has **power to do some more work** and recovery is quicker.



A

Z

Importance of Physical Fitness :

1. To live a long and healthy life
2. To increase the energy, power and capacity of the body
3. To reduce the probability of getting a **disease**
4. For strong and active muscular and skeletal system



5. To increase the memory and **recall capacity of mind**

6. To improve **mental health**

7. To get rid of **excess fat**

8. To live a happy life



Meaning of Wellness :

Wellness is the capacity of an individual by which **he leads a balanced life.**

The concept of wellness, i.e. staying healthy and achieving the highest potential for well-being, has gained popularity in the past few years.



Importance of Wellness :

1. To live a high quality life
2. To achieve the maximum growth and development
3. To be a good citizen
4. To live a stress-free life
5. To enjoy the life
6. To be an active member of the society



Meaning of Health :

According to **World Health Organisation (WHO)**,

“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease.”



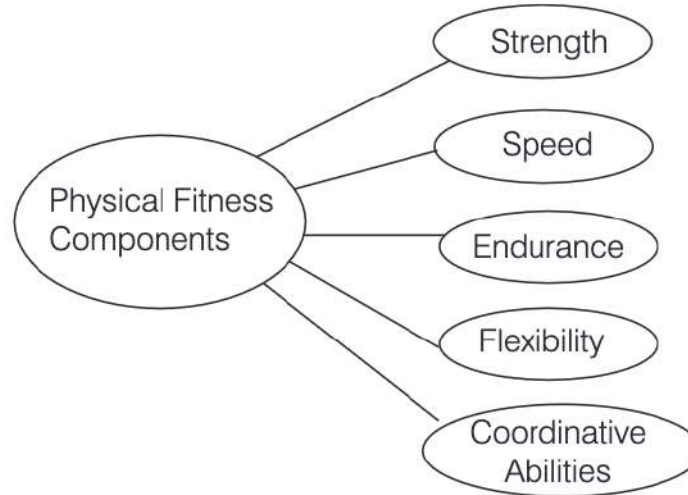
Importance of Health :

1. Increases the Level of Physical Fitness
2. Increases **Longevity**
3. Prevents Cardio-Vascular Disease
4. Helps in Reducing Depression
5. Increases Energy Level
6. Increases **Self-Confidence**
7. Helps in Coping with **Stress**
8. Improves Posture



5.2 Components / Dimensions of Wellness, Health and Physical Fitness

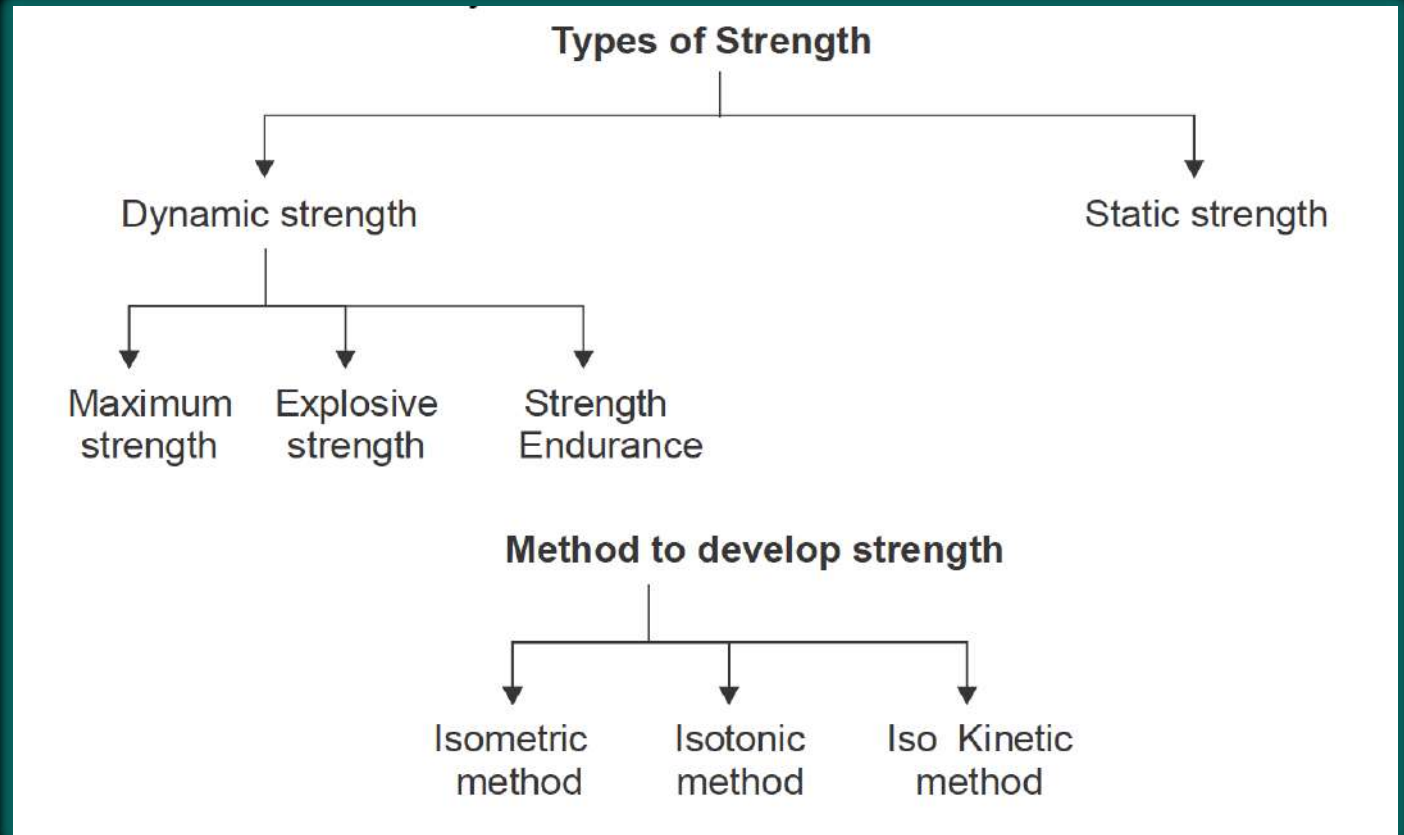
Components of Physical Fitness



Components of Physical Fitness

1. Strength :

It is the ability to act or to overcome the resistance.



The following are its types :

(a) Maximum strength : -

Ability to act against maximum resistance

(b) Explosive strength :

Ability to act against resistance with Speed

(c) Strength Endurance :

Ability to act against resistance under condition of fatigue.



2. Endurance :

It is ability to continue the activity under the condition of fatigue or for a long time.

Or

the capacity of something to last or to withstand wear and tear.



Types of endurance :

On the Basis of nature of activity :

1. Basic Endurance :-

It is the ability of an Individual to do the movement in which large no. of body and muscles involve at slow pace for a duration such as Walking, Jogging, Swimming at a moderate speed.



2. General Endurance :-

It is the ability of an individual to resist fatigue satisfactorily caused by different type of activities.

3. Specific Endurance :-

It is the ability of an individual to complete the task without any fatigue. It's requirement depends upon the nature of activity (Games and Sports).



On the Basis of duration of activity :

1. Speed Endurance :-

It is the ability of an individual to perform a movement with high speed to resist of fatigue in activities upto 45 seconds.

2. Short term endurance :-

Short term endurance is needed to resist fatigue in sports activities lasting from 45 seconds to 2 minutes.

3. The medium term endurance :-

It is the activity lasting from 2.min to 11 minutes. Ex. 1500 & 3000 mts.



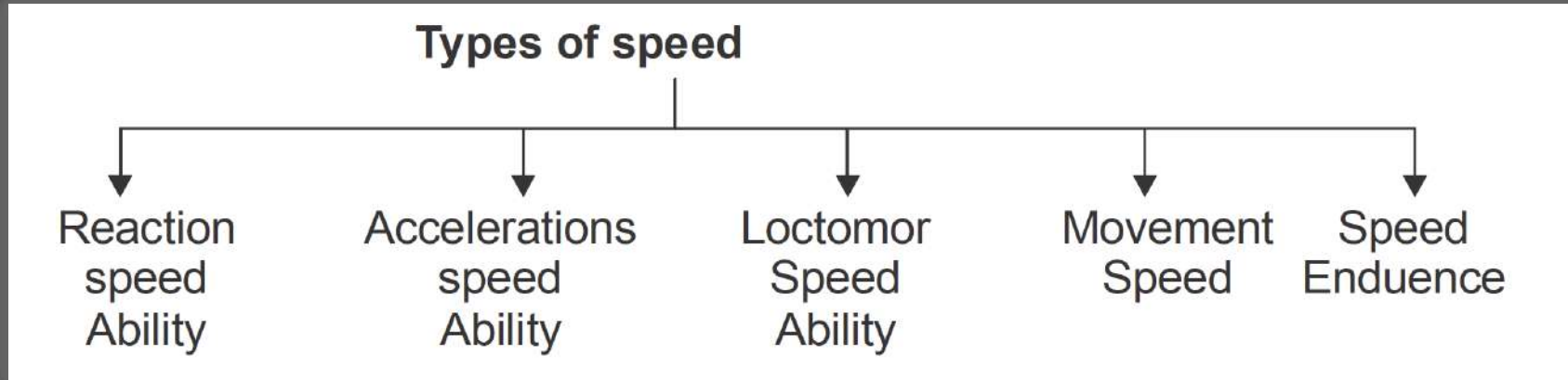
4. Long term Endurance :-

It is needed for those sports which require more than 11 minutes time ex. 5000m to 1000m cross country race.



3. Speed :

It is the ability to do movement as quick as possible.

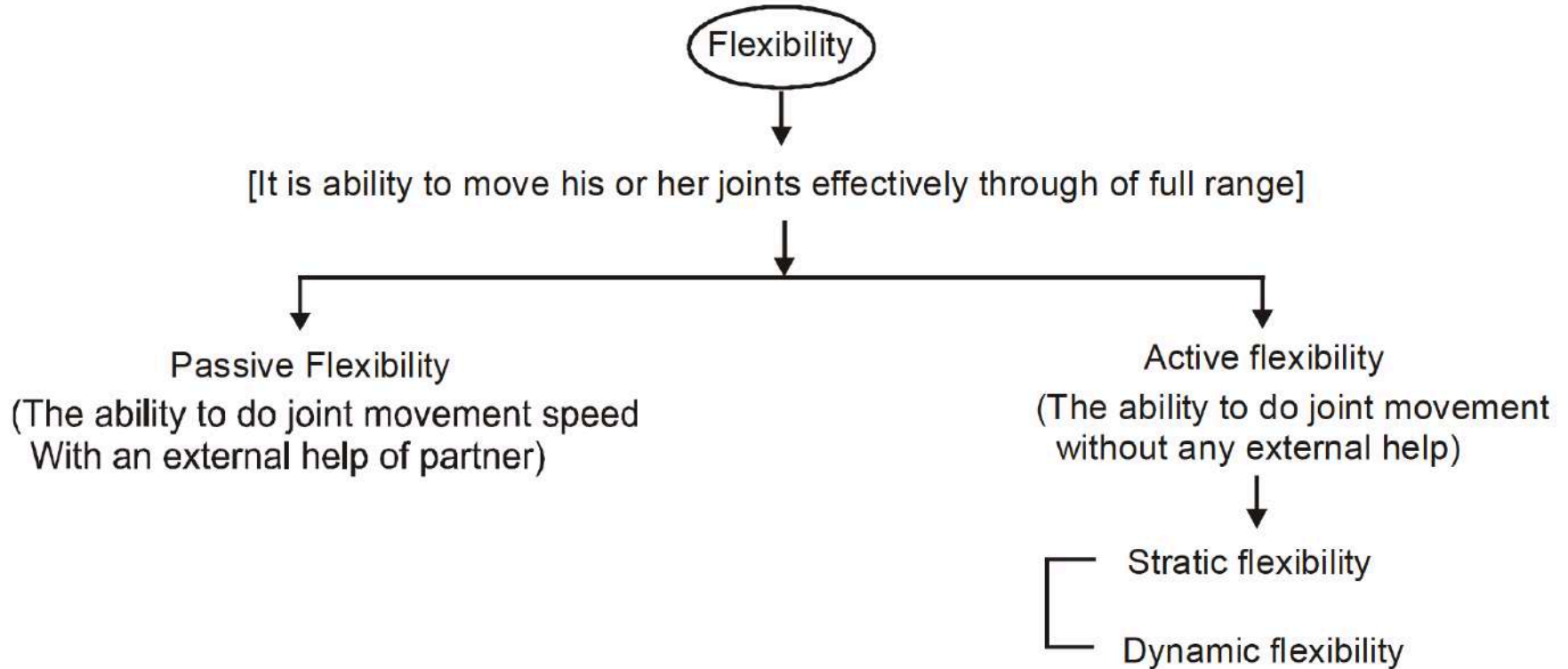


Types of speed Ability :

- 1. Reaction speed ability :** It is the ability to act against a signal.
- 2. Acceleration speed ability :** It is the ability to achieve max speed in minimum possible time.
- 3. Movement speed ability :** It is the ability to do a single small movement in minimum possible time.
- 4. Locomotor speed ability :** It is the ability to maintain max speed as long as possible.
- 5. Speed Endurance :** It is the ability to do the movement as quick as possible under the condition of fatigue.

4. Flexibility :

Flexibility is the range of movement of the joint of a sports person.



5. Coordinative Abilities :

10.5. Co-ordinative Abilities

Co-ordinative Abilities

[Those abilities of an individual which enable the individual to do various related activities properly as well as efficiently.]

Orientation
ability

Coupling
ability

Reaction
ability

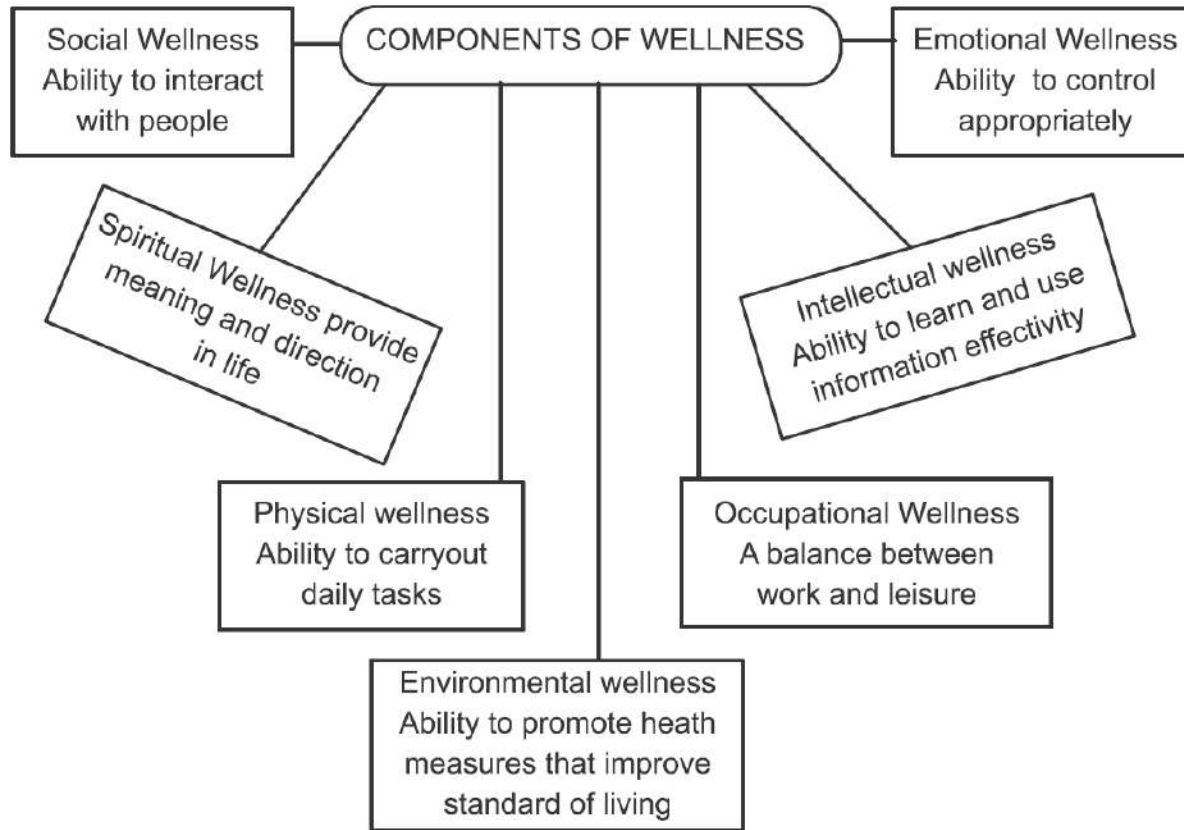
Balance
ability

Rhythmic
ability

Adaptation
ability

Differentiation
ability

Components of Wellness



Components of Wellness :

1. Social Wellness :

It is the ability to relate to and connect with other people in the world.

2. Emotional Wellness :

It is the ability to understand self and cope with the challenges life can bring.

3. Spiritual Wellness :

It is the ability to establish peace and harmony in lives.



4. Environmental Wellness :

It is the ability to recognize one's own responsibility for the quality of the air, the water and the land that surrounds us.

5. Occupational Wellness :

It is the ability to get personal fulfilment from jobs or chosen career fields while still maintaining balance in lives.

6. Intellectual Wellness :

It is the ability to open minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.

MENTAL  HEALTH



7. Physical Wellness :

It is the ability to maintain a healthy quality of life that allows to get through our daily activities without undue fatigue or physical stress.



Components of Health Related Fitness :

1. Cardiovascular Endurance :

It refers to the physical activity of an individual to indulge in aerobic exercise for longer period of time. It is also known as cardiorespiratory endurance.

2. Muscular Strength :

This refers to the ability of the muscles to exert force during an activity. Muscular strength of the different muscles can be improved by lifting weights, rapidly climbing the stairs etc.



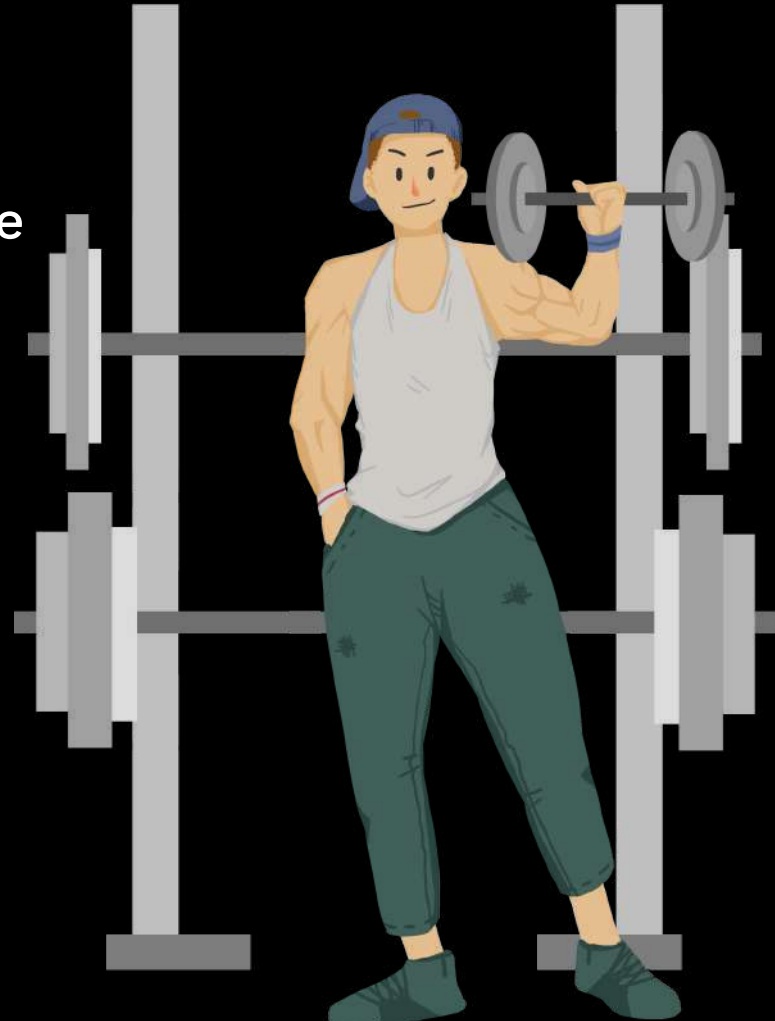
3. Body Composition :

It refers to the relative amount of muscles, fat, bone and other vital parts of the body. It is basically the percentage of lean body mass i.e. bones, tendons, muscles, ligaments organs, etc. in comparison to body fat.

4. Muscular Endurance :

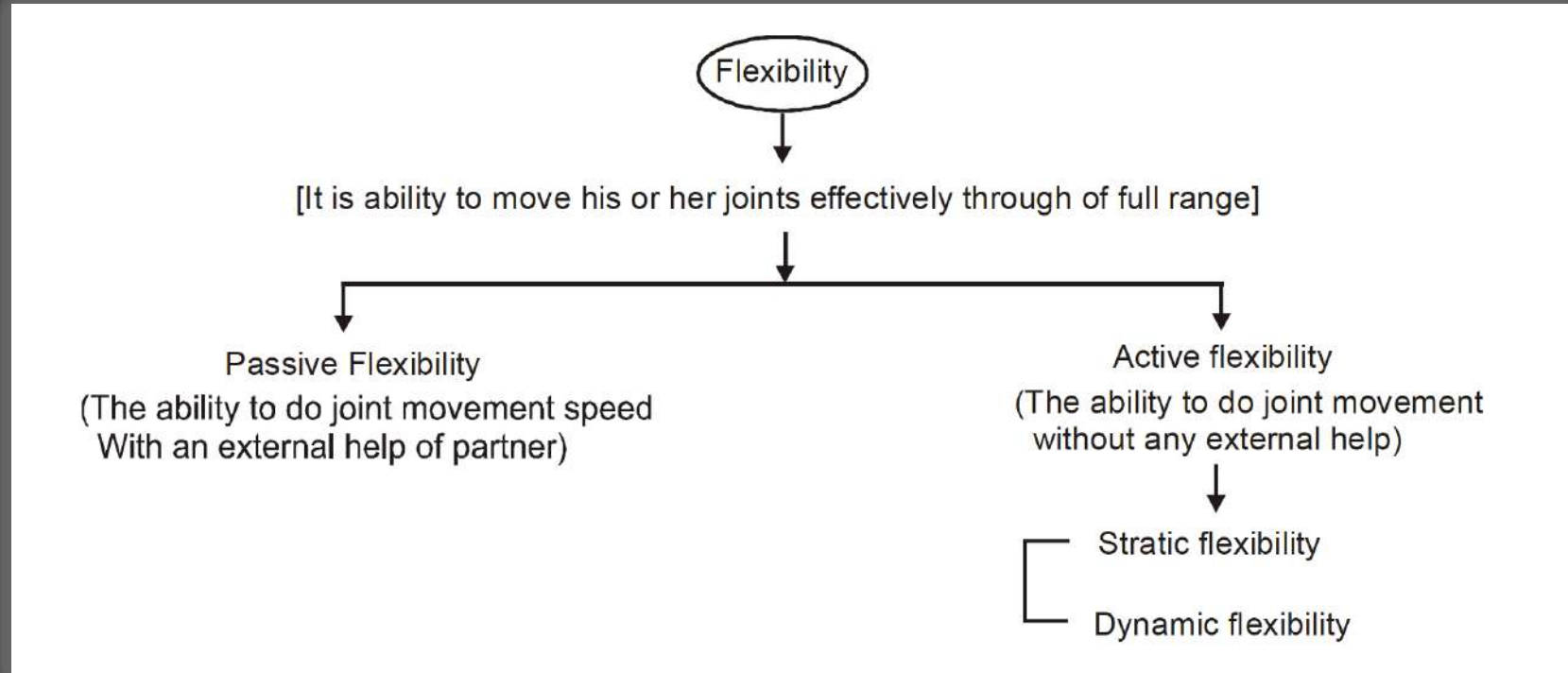
This refers to the ability of the muscles to continue to perform repetitive exercises without fatigue.

Muscular endurance can be improved by doing cardio-respiratory activities like walking, cycling, jogging, dancing etc.



5. Flexibility :

Flexibility is the range of movement of the joint of a sports person.



5.3 Traditional Sports & Regional Games for promoting wellness

Many people see the traditional / Indigenous games as a strong indicator that **their culture can survive**. In this way traditional / Indigenous games are not only helping youth to get physically fit but also inspiring **older members** of the Indigenous community.

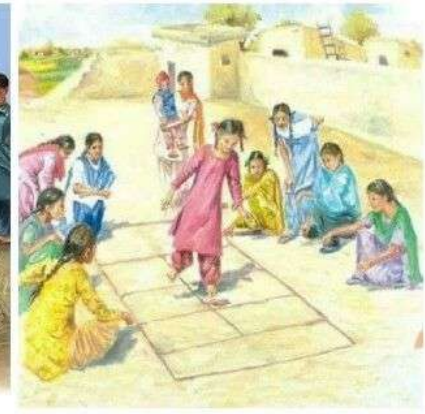
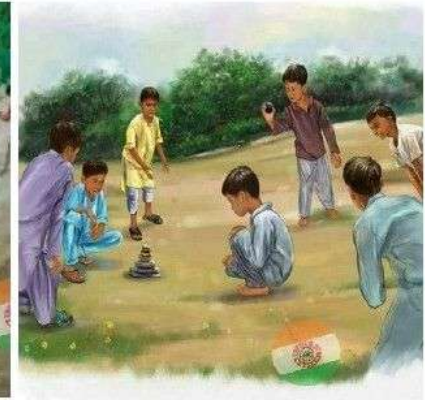
Physical activity is decreasing in our society, especially in children as they mature.



Traditional/Indigenous games are inclusive games and not competitive. For example, if a player gets 'out' in some games they can immediately rejoin the game once leaving the field.

Benefits of Indigenous /Traditional Games :

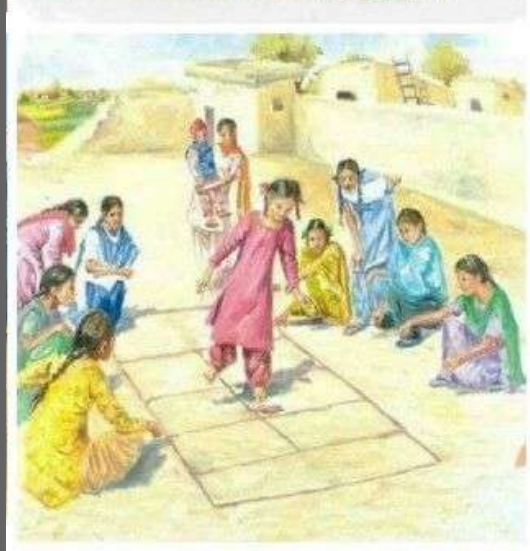
1. Bringing-together of Indigenous and non-Indigenous people.
2. Help reconnect urban Indigenous youth to their culture.
3. Boost education retention in economically poor section.
4. Promote Reunion



Indigenous Sports of India :

Traditional sports of India can be traced back to Vedic times, when indigenous sports such as **archery**, **chariot racing**, **wrestling**, **yoga** and **swimming** were popular with royalty.

After Independence, Team India garnered laurels at various international sports events in disciplines such as **hockey**, **cricket**, **shooting**, **wrestling** and **tennis**.



India has a strong tradition of traditional sports and games that are played all over the country. Some games like **Kabaddi** and **Kho Kho** are popular nationwide, while other indigenous sports of India are specific to a certain state or region.

The National Sports Policy, 2001 aims to promote traditional sports through various schemes related to rural sports. According to this policy, high priority will be accorded to the development of sports in rural areas to harness local talent available there.

